

Individual vs. Group-based Strategies for Weight Loss and Management in Adults: Pen-Profile Perspectives

Clark, C.

Author post-print (accepted) deposited by Coventry University's Repository

Original citation & hyperlink:

Clark, C 2018, 'Individual vs. Group-based Strategies for Weight Loss and Management in Adults: Pen-Profile Perspectives' *The Lancet*, vol. 392, no. Supplement 2, pp. S25.

[https://dx.doi.org/10.1016/S0140-6736\(18\)32872-1](https://dx.doi.org/10.1016/S0140-6736(18)32872-1)

DOI 10.1016/S0140-6736(18)32872-1

ISSN 0140-6736

ESSN 1474-547X

Publisher: Elsevier

NOTICE: this is the author's version of a work that was accepted for publication in *The Lancet*. Changes resulting from the publishing process, such as peer review, editing, corrections, structural formatting, and other quality control mechanisms may not be reflected in this document. Changes may have been made to this work since it was submitted for publication. A definitive version was subsequently published in *The Lancet*, [392], [Supplement 2], (2018) DOI: 10.1016/S0140-6736(18)32872-1

© 2017, Elsevier. Licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International

<http://creativecommons.org/licenses/by-nc-nd/4.0/>

Copyright © and Moral Rights are retained by the author(s) and/ or other copyright owners. A copy can be downloaded for personal non-commercial research or study, without prior permission or charge. This item cannot be reproduced or quoted extensively from without first obtaining permission in writing from the copyright holder(s). The content must not be changed in any way or sold commercially in any format or medium without the formal permission of the copyright holders.

This document is the author's post-print version, incorporating any revisions agreed during the peer-review process. Some differences between the published version and this version may remain and you are advised to consult the published version if you wish to cite from it.

Title: Individual vs. Group-based Strategies for Weight Loss and Management in Adults: Pen-Profile Perspectives.

Cain C. T. Clark PhD ^{1,2,3}.

Cain C. T. Clark PhD is a Research Associate in the School of Health and Life Sciences

¹ Hartpury University, Higher Education Sport, Gloucestershire (U.K.), GL19 3BE.

² Engineering Behaviour Analytics in Sport and Exercise (E-BASE) research Group, Swansea University, Swansea (U.K.), SA2 8PP.

³ School of Life Sciences, Coventry University, Coventry (U.K.), CV1 5FB

Corresponding author: Cain C. T. Clark., Cain.Clark@hartpury.ac.uk

INTRODUCTION

Obesity and overweightness are major public health concerns, particularly due to the association between non-communicable diseases and all-cause mortality. Furthermore, the financial burden imposed on the National Health Services, and wider society, because of overweightness is estimated at £27 billion. Despite the numerous support systems for, potential, weight loss, the advocating of group-based strategies has grown, yet inter-individual preferences and perceptions of weight-management strategies are less well known. The aim of this study was to explore perceptions of barriers, facilitators, strategies and successes to individual vs. group-based weight management programmes in overweight adults.

METHODS

A convenience sample of forty-two overweight (Body Mass Index ≥ 25 -kg.m²) participants (aged 32-63y) volunteered to take part in this study. All participants subsequently completed a 3-month weight loss programme, dichotomised to a group-based (n=21), or self-monitoring (n=21) approach, respectively. At the conclusion of the 3-month period, all participants participated in a semi-structured interview (60±7 mins) to explore individual perceptions of barriers, facilitators, strategies and successes. Qualitative data were analysed using pen profiles, which were constructed from verbatim transcripts.

RESULTS

Convergent themes were found for individual and group strategies for facilitators (organisation and influence of cooking skills), strategies (freedom, enjoyment, and ease) and successes (self-control, health improvement and weight-loss). Divergent themes emerged between groups for barriers, group participants highlighted expense of commercial products, and knowledge of nutrition and dieting, whilst individual participants reported (lack of) social support from peers, (lack of) motivation, and occupation.

CONCLUSION

Whilst facilitators, strategies and successes related to individual vs group weight-loss approaches were comparable, divergent perceived barriers emerged. Therefore, it is recommended that key stakeholders, facilitators and individuals must consider these factors prior to the advocacy any one-particular weight loss strategy.

CONTRIBUTIONS

The author solely prepared all areas of the manuscript. The author confirms that he received no funding to undertake this work and has no conflict of interest to report.